

COMPUTERIZED TRAINING SYSTEM

ABSTRACT OF THE DISCLOSURE

There is disclosed a training system for training people, for example to increase their ice skating skills or some other physical attribute. In a preferred embodiment, the training system comprises a computer and a database. The training system allows a user to enter information regarding his fitness. The system can then specify an exercise program for the user. The user can also enter information regarding his diet, in which case the system determines the suitability of the diet to the user. In order to psychologically motivate the user, the system provides a goal orientated method to facilitate the user to understand ways in which he can improve his performance. The system can also receive information regarding injuries and can take these into account when generating a training program and when assessing the user's diet. The system can also be used for the purpose of weight loss or gain.